

ABSTRACT OF THE DISCLOSURE

An image heating apparatus includes: a heating member for heating a toner image formed on a recording material; a plurality of pressure members
5 for pressurizing the heating member to form a nip portion where the recording material is nipped and transported, in which a pressurizing force is changeable, the pressure members being arranged along a transport direction of the recording material; a
10 gloss selector for selecting a gloss of an image to be formed; and a pressurizing force selector for selecting the pressurizing forces of the pressure members independently of one another according to the gloss selected by the gloss selector.